

CENTAURY,

The Great STOMACHIC:

Its PREFERENCE

To all other BITTERS;

IN THAT

It gives an APPETITE and good DIGESTION,
and neither heats nor binds the BODY.

WITH

An Account of the PLANT, and the Method
of gathering, and preparing it;

And a few RULES for such as have weak Stomachs.

By J. HILL, M.D.

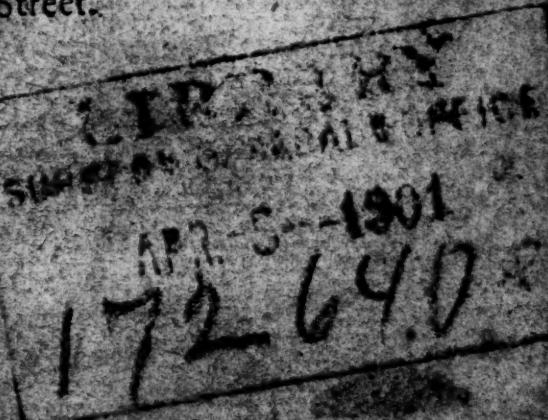
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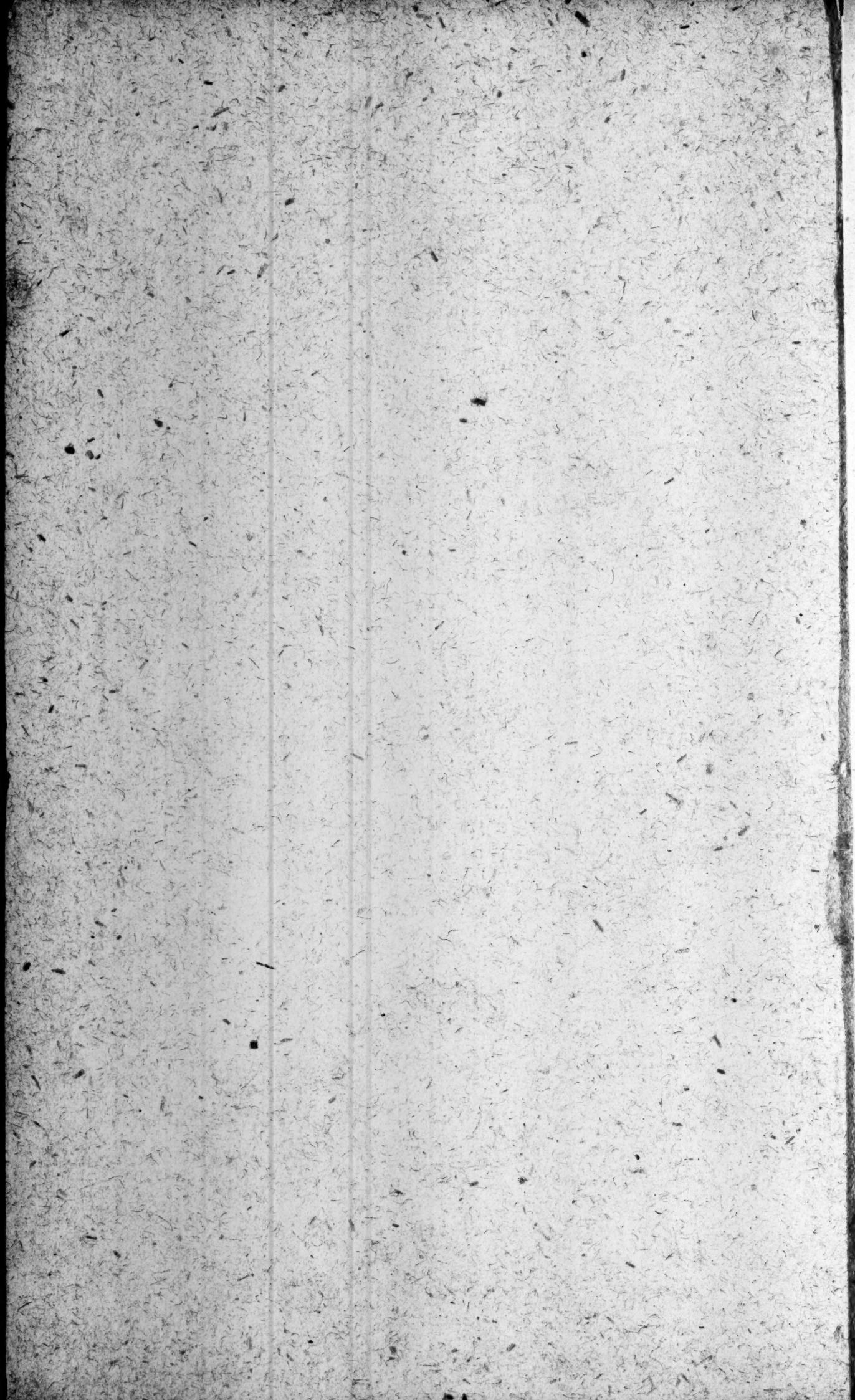
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C E N T A U R Y,

The Great STOMACHIC.

S E C T. I.

DISORDERS of the stomach are become, in a manner universal: I have thought it therefore a duty, (being favoured by the public in many things,) to examine the medicines, which are, or may be, used for their relief; and shew what is the best: those most established are not always such.

Want of appetite, and sickness after meals with extreme weakness, and giddiness of the head, are complaints one hears from every mouth; and it is no uncommon aggravation

of the misery, that BITTERS have been tried in vain.

What has caused these disorders to increase might be a long enquiry, and uncertain ; but perhaps late hours, intemperance, and high sauces, claim the greater share. Our ancestors were healthier than ourselves, because they were more moderate, and regular : they felt less of the night air, and saw more sun in the morning ; they lived on a plainer food, and knew little of the fiery spices. God designed these for countries where they grew : with us they have continually disagreed.

There may be other causes of the complaint ; but these seem the principal.

Hence arise in succession the following symptoms ; the misery of every day, though in some days, and to some persons, more or less than others. Tiresome nights ; with a wretched uneasiness, and disgust of everything at waking ; a taste as it were of ashes in the

the mouth ; and a loathing of the very thought of food ; faintness, weakness, weariness ; and at times sickness, without vomiting ; and in many a continued heart-burn.

After eating, especially after the principal meal, a swelling in the body, much more than the due effect of quantity : a dull but lasting pain in the stomach ; and often a heat and redness in the face, as if from drinking ; an overfullness in the breast ; and sometimes a sense as it were of suffocation, alleviated perhaps a moment by belching, and sometimes by vomiting : but these must not be thought reliefs in the disease, they are its symptoms.

These complaints the physician tries to cure with stomachics ; or, as they are more commonly called, Bitters : the drugs of which they are composed are few, and none are better known by name ; but perhaps their particular qualities have not been enough considered. Gentian and Roman Wormwood, Orange-peel and Cardamoms make up the account ; and of these Gentian frequently stands in the

place of all. Let us consider distinctly their several properties ; the good and ill that is in them ; and then see whether nature and our own country may not furnish better.



S E C T. II.

GE N T I A N at present holds the rank of first among Bitters. It is recommended as excellent to create an appetite, and help digestion ; but Gentian heats and binds the body : qualities by which it often does more harm, than good by all its virtues. We affect to read the properties of medicines in the Greeks ; and it would be better if we did so, with more care. Dioscorides has spoke of Gentian, largely ; but its stomachic virtues appear not of the greatest note in his account ; and he has cautioned us enough about its use, by giving the terms *heating* and *astringent* as its first characters. Galen and Avicenna join in this opinion ; and rate it,

it, according to the language of those times, hot in the third degree. They extolled it in malignant fevers, and the plague, and against poison, and the bites of venomous creatures ; but it was not their great stomachic.

There is another reason that should make us dread the use of Gentian. Poisonous roots are sometimes mixed with it in gathering. A great deal of mischief was done by this in London some few years ago ; as our Physicians cannot but remember.

ROMAN WORMWOOD is a name ; the thing which it expresses is not known in practice ; they sell for it, in all places, another plant, SEA WORMWOOD, much inferior to the right in virtue. This is the more unpardonable, because we have the true plant in gardens, and it may be easily propagated in abundance. But even this best kind has the ill qualities of the other Wormwoods. It is a Bitter, but an unpleasant one ; and 'tis liable to the same ex-

ception with Gentian, for heating the flesh, and binding the body. Hence the most judicious have been always cautious in the use of it. Galen asserts its heating quality, is greater than its stomachic. Add to this, that its disgusting flavour will often cause, in delicate constitutions, that very sickness and loathing which it is given to prevent.

ORANGE PEEL is less bitter than these ; but it is more acrid : it has not enough of the stomachic quality to be given alone ; and when mixed with the others, often brings on the heart-burn. We are to consider it as an auxiliary rather than a principal medicine ; and 'tis well if this ill effect does not often overbalance the assistance it gives the others. Lemon peel is sometimes used instead of Orange, as it has less of this acrid quality, but it has also less of the stomachic.

CARDAMOMS are no bitter : they are warm and carminative, and are therefore commonly mixed with Bitters ; but Cardamoms are too

too hot and fiery for general use ; and there are many disorders of the stomach, in which they cannot be given without great hurt. I have once seen an inflammation of the bowels, which ended fatally, if not originally caused, yet certainly increased to a degree past cure, by the inconsiderate use of this drug : and many I believe have brought upon themselves disorders of which they never guessed the cause, by taking of the others.



S E C T. III.

ONE or other of these ingredients are given in all Bitters ; no others are in general use but these ; and the most common practice is to give them all together. I would not be understood to condemn the use of them : 'tis plain they may do good ; but it is as evident they may do harm. I would have them therefore left to the physician. In his hands they are safe, but even in his they are not always found sufficiently effectual.

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The increase and obstinacy of the disorders they should cure, declare this truth.

It is worth enquiry therefore whether it be not possible to find, among the vast resources Nature throws before us, some simple which may have the good qualities of these, in a superior degree; and that without their faults: a Bitter which may be a more powerful strengthener of the stomach, and yet not heat the body or bind up the bowels.

I have for this purpose tried with strictness, and with the attention due to such a subject, whatever plants of our own or other nations either the writings or the experience of physicians have recommended for this purpose; I think whatever herb stands noted for this service, either by authority or tradition. I should blush to boast of knowledge, in which I know my own deficiency; but I hope the Public will allow me, without offence, to plead this humbler merit of industry and care.

Among the multitude of plants which this enquiry brought into my way, all had one or other of the ill qualities of those in use already, excepting only one, SMALL CENTAURY.

In this, upon repeated trials, I have found there is a Bitter; cleaner, pleasanter, and wholesomer than in all the others; and that without the least tendency to any of their faults. Centaury is a stomachic, and nothing else: it has that quality pure, separate, and alone; and is therefore preferable in all reason, to those things in which other properties are joined with this, which render them unfit for general use.

This is its character, and this its value; in the relating which no praise belongs to me, for they have been long ago known to others: if I can restore it from the present neglect, and make it generally useful to the Public, 'tis all that is intended.

To

To this end it will be necessary to know distinctly what the plant is, what are its virtues, in what part of it they reside, and under what form they may be best communicated to the body.

The ancients, our general guides to useful knowledge, fail us in the present instance. They have written largely of this plant, but they have also called another, different in every thing from it, by the same general name ; with no better a distinction than that of Greater ; and they have confounded the accounts of them in such a manner together, that none now can say what belongs to either of the two*. This is a practice which has in other instances too much perplexed physic † ; but it is a fault which we begin to mend. This plant, which is the LESSER CENTAURY of

* Whoever will look into Pliny and the Arabians, will be convinced of this : not to carry the enquiry higher.

† Great Celandine is allied to the Poppy kind, Small Celandine to the Crowfoot ; distinct in all things but this idle nomination.

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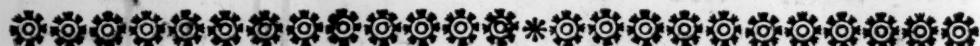
the ancients, is now kept separate from the Greater; and its virtues are transmitted to us with the praises they deserve. It is therefore strange the plant should be so far neglected; and there should want this effort to bring it into universal use.

Great Centaury is a native of the Alps; a plant of the CORNFLOWER or KNAPWEED kind, whose virtues are not of this nature, and with which we have here no busineſſ.

Our Centaury, which, by way of distinction from that, is called LESSER CENTAURY, is a wild plant, common in many parts of England in dry pastures; an Annual, that makes its first appearance in April, and flowers from July to the end of summer. It grows to six or eight inches high: the stalk is square; the leaves are oval, and of a fresh green; the flowers, which stand in a thick cluster on the top, are crimson. There is abundance of it in Hertfordshire, and the neighbouring counties; but the place where

I have

I have seen it in the most extreme perfection,
is at Bulstrode *.



S E C T. IV.

TH E virtues of Centaury are limited to one point ; this is strengthening the stomach : but by doing this, it prevents many diseases, and indeed often cures them. A bad digestion is the first source of most disorders ; and that which is a remedy for this, cannot be inefficacious as to the others.

Centaury never fails to give an appetite ; and though the meal be larger than is eat in consequence of it, no sickness or uneasiness of any kind follows : because the medicine having prepared the constitution, it can be digested.

* The seat of the duchess of Portland ; a lady who has knowledge in these things beyond her sex. There is a select spot in her grace's garden kept for the growth of the scarce English plants ; where they rise among the grass in all their native wildness.

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The stomach often is oppressed and loaded by a cold tough phlegm: it is but a slight and temporary help to give this a discharge by vomit; for the same cause remaining will produce more. Centaury dissolves it perfectly; and at the same time curing that weakness in the stomach which gave rise to it; no more will be formed there.

If any one finds an indifference to his meals, nay, if it amounts to a loathing of all food, he need only take this herb to be cured perfectly.

Wind that disturbs the stomach after eating, and increases that indigestion which first caused it, is dispersed entirely by this excellent medicine, and that without any sensible evacuation.

He who takes it may assure himself of easy nights, and days of chearfulness: strength grows with the use of it, and he will find
himself

himself alert, and prompted to that exercise which will compleat his cure.

These virtues I have found in Centaury, and can from this believe what I have heard farther, of agues, cachexies, and even drop-sies cured by it. Hoffman is in himself of too much credit to be questioned; and he assures us, that he cured two persons deplorably ill of the last named disease, with this plant only.



S E C T. V.

BEING assured of these valuable qualities in Centaury, the next step of rational enquiry will be, in what part of the plant they principally reside: for in all plants the root, the leaves, the flowers, the seeds, are different; at least in the degree of virtue: and it is vain and fruitless to load the body, or disgust the palate with what can never

never be of use. This doctrine of the powers in different parts of the same herb, has been too much neglected: perhaps it will be more attended to hereafter. It is always possible to know with certainty where the chief virtue resides: and in many cases, as in this, the very taste alone is able to determine.

To this purpose I laid before me a parcel of the Centaury dried, as it is used in the shops, whenever it is used; and examined it attentively; part by part, by this undeceiving sense: the stomachic quality of Centaury is owing to its bitterness; and in that the taste cannot err.

The flowers are mawkish, and insipid; with scarce any thing of bitterness. Here then appears an error in what has been the practice even for ages; the flowery tops of Centaury are the only part directed to be used in medicine: the Edinburgh College, for whom I have many times found cause to tes-

tify the highest respect, have received the herb into their stomachic compositions ; but for want of this easy trial by the taste, have continued the same usage.

The stalks of Centaury are insipid : a stalk of hay has as much virtue. The very little Bitterness that is perceived in these, scarce deserves mention.

Here then are two parts out of five, for the herb consists of no more, which may be and which ought always to be rejected ; that the proper dose of the remainder may be found. The seeds are bitter but they are small and inconsiderable : the leaves and root possess the perfect virtue. They are both bitter in an intense degree ; but more than all, the part which lies between the root and stalk ; and which is properly called the crown of the root. This is a hard brownish gland, or cluster of vessels ; in which the juices possessing the great power of the plant reside ; and which are always full, from the first appearance of the

the leaves above ground, till near the time of flowering.

Plants have not only their peculiar virtues, in particular parts ; but there is also a season at which these parts themselves possess them in a degree far greater than at others.

The seeds of Centaury, scattered by the winds in August and September, lie dormant on the earth all winter ; protected from injuries of the air by the grass, and from insects by their own Bitterness : in April they send up a few leaves, and from that time till the end of May, these and the roots are strengthening themselves in size and virtue : during this time the whole is very bitter ; and it was to the herb in this state that some early writers gave the name **GALL OF THE EARTH. FEL TERRÆ.**

Early in June the stalk begins to rise, and from this time to its bud for flowering, as I have found by careful trials, the whole

plant, and particularly the crown of the root here mentioned, increase in bitterness.

Towards July, when the flowers open, the root begins to fade: and from that time till the seed is ripened, the whole plant, in a manner, is dying upwards. The lower leaves which first rose from the root wither; the root grows drier; and the great gland at its crown shrinks. These parts possess indeed till this time, the virtue of the plant; but 'tis before this time they have their full perfection.

The state in which I have found Centaury fittest for use is just before its flowering. It is to be pulled up by the roots at that time, and spread in an airy room to dry. When dry'd, my method is to cut off the roots, with their crown; then to cut off the young tops, and afterwards to strip the leaves off from their stalks. These last are thrown away, and the rest mixed together and put up for use. I am apt to believe that in the original

ginal prescriptions not the flowery tops of Centaury, but the tops in bud for flowering were intended: for there are at that time many leaves about this part of the plant; and they and the cups of the buds are then full of virtue.

I have observed that the root loses its power by degrees, as the herb gets toward seeding. This is not particular to Centaury; all plants shew it, in some degree; and Annuals most: but this may serve to reconcile the accounts of two venerable writers, whom critics have rather chose to set at odds with one another. Dioscorides says, the root of small Centaury contains its greatest virtue. Galen, that the root has no bitterness. They gathered it at different ages of the plant, and both say truth about it. Far from a reflection upon either, their contrariety speaks their real knowledge: each wrote from what he saw, not one from the other.

We must not wonder Centaury is now less known than it ought; we see that among those

who use it 'tis the general practice to throw away the best part of the plant, and give that which has least power.

If one takes into ones mouth the crown of the root of Centaury, just gathered, and lightly dried, at this season ; one perceives on chewing it, a comfortable warmth which all the other Bitters want, and which the physician's art adds to them, by Cardamoms and other foreign ingredients : but art in these things is poor, compared with nature. Together with this gentle and pleasing glow, one tastes a Bitter of the most agreeable kind, not nauseous or disgusting, as in most others : and with this a light austerity ; such as all strengtheners have. These three flavours we perceive in it distinctly ; and from this combination, he, who is used to medicines, cannot but know that he has here in nature, all and more than all his predecessors art has tried, to bring together.

We

We see thus what Centaury is ; and cannot but perceive it is capable of rendering great good to mankind.

No medicine is so universally wanted as a stomachic: for either from the weakness of our frame, or our excesses when it is stronger, we are continually in need of some friendly medicine to excite the appetite, or to assist digestion.



S E C T. V.

PROCEEDING in this enquiry with a view to use, the next thing is to find in what form these virtues, now certainly known to reside in Centaury, may be best, and most effectually communicated to the human body: whether in powder, tincture, or infusion.

Powders of all kinds are disgusting, and
bitter powders most: it is with weak
stomachs.

stomachs we have to deal in this case, and therefore that form must be certainly excluded. Experience gives also its support to reason in this case: the herb in powder has been given with success; but less than in the other ways; and always with disgust and difficulty to the patient.

The two methods that remain are tincture and infusion; and in respect of these the choice must be determined by the nature of the plant. Tinctures and infusions differ only in the liquid that is employed to make them: if we use spirit we call the medicine a tincture; if water, an infusion, or decoction. The virtues of all herbs reside in their richer juices: and these are in some resinous, in others gummy; and in most, they are of a mixt nature, composed of those two; and are called resinous or gummy, as the one or the other prevails in the composition. Where the virtues of a plant are in a resinous juice, spirit must be used, and the proper form is a tincture; where in a gummy water is best, and
the

the method is by infusion. Finally; in tinctures a spirit of more or less strength must be used, as the juices are more or less resinous. We have always been accustomed to resinous juices in the vegetables of warmer climates; and therefore tinctures of such have been generally made with Spirit of wine: in respect of our own plants, their juices were supposed to be usually of the gummy kind, and the form physicians chose for giving them was therefore an infusion. It appeared strange when some few years ago I produced a resinous tincture of Water Dock, and a great many vain words were spoke against me by idle people on the occasion; the fate of better men who have advanced new truths: but these censures fall to the ground of themselves; and the traveller need not alight to tread upon the grashoppers.

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The case is the same with Centaury as with Dock: its virtue resides in a resinous juice; and a tincture is the best and most effectual way of giving it. As the doctrine is

is now less new, it will not find so much opposition; nor if it should, am I now alone in the support of it. What many thought strange here; the learned and industrious Germans tried: and happily there is in the case of Centaury, the authority of one among the most eminent of them, whose experience testifies the same with mine, and shews they have taken the wrong course, who to obtain its virtues infused the plant in water. This author asserts in the plainest and most express words, not only that the herb contains a resinous juice; but that its Bitterness, and consequently its virtues, reside almost intirely in that juice*.

I have been accustomed to try herbs for tincture in spirits of various strength; and this among the rest. Experience shews the most perfectly rectified is fittest for it. The herb is indeed capable of being, within a very small part, dissolved in such a spirit; for

* Partes resinosaæ maximam exhibent amaritatem, gummosaæ fere nullam. Nicholai Mater. Med. 1762.

in the way I use of making tinctures, only an ounce and half remains undissolved, from a pound of it: and even by the more usual methods, Newman, a foreign chemist of great credit, was able to produce near half an ounce of resinous extract from an ounce of it.

Upon the faith of these testimonies strengthening and supporting what experience has shewn me, I may venture to neglect the slight opinions of such as cannot leave the common tract of judging. When they have learned more, they will be less exceptionis: knowledge is circumscribed in narrow bounds; but there are none to ignorance.



S E C T. VI.

A Tincture made from the roots and leaves of Centaury, in a spirit perfectly rectified, and with the advantages of long maceration, in an uniform heat, is properly a solution of all the valuable parts of it;

it; resembling it so perfectly in smell, taste, and flavour, that one perceives it in a moment to be no other than the plant itself in a liquid form.

It readily mixes with water, and becomes a most pleasant stomachic; strengthening and reviving, even as it passes down the throat: there is in it no fiery heat, no disgusting Bitterness, nothing of that unpleasing sensation, which dwells upon the tongue after the more usual stomachics; but just enough warmth to be comfortable, and as much of a clean Bitter as is useful. The taste of the root has been mentioned before; between that and the tincture there is in this respect no difference; but in the effect there is infinite; and all to the advantage of the preparation. The plain and simple herb is a very good medicine, but this tincture as much exceeds its natural state, as that exceeds other stomachics.

To those who have reason, and will use it, this will not appear strange. Dry roots,
and

and all substances of like kind, are beyond the reach of our digestive faculties, to manage perfectly. The powers and humours of our stomachs are calculated for our food: there may be other menstruum found for medicines. In many cases, (more than have been published) I have observed that, when what we call a tincture, amounts nearly to a dissolution of the subject; as those in bark beds with a fit menstruum, usually do; it conveys the powers of the medicine to the body, in a way far superior to that in which our own natural organs could supply them. He who does not readily comprehend the force of this, may do well to consider what difference there is between mercury dissolved in menstruum, and given in its own substance. But enough: this will convince such as have a right to understand; and it would be an ill office to the public, to teach those who could only make a bad use of the instruction.

A tea spoonfull of this tincture given in a small glass of cold water, to a person who has a
weak

weak stomach, want of appetite, and sickness, with a heaviness of the head, after meals; and this continued some time, has the following effects.

The first dose shews its good qualities as soon as taken: it warms the stomach, and takes off that languor, and sense of weakness which always attend these complaints. The patient finds himself relieved at once; and grows in some degree easy, hearty, and cheerful.

The best time of taking it is an hour before dinner; and he finds, also, in consequence, a better appetite.

If he takes such another dose at night, the same sensation of warmth, strength, and cheerfulness, are felt; he has better rest than he is accustomed to, and rises more at ease in the morning. The advantage he has thus found will certainly encourage him to continue the medicine; and in a few weeks he will be freed from his complaints.

I have

I have carefully inquired whether the body became more open, or bound, from the continued use of Centaury ; and have found that it has no effect either way in that respect.

The qualities of this excellent herb have been traced here with a view to utility ; let us therefore examine next in what cases, and to what kind of persons it will be most useful.

Those to whom it will be directly and immediately beneficial are such as have a weak stomach ; who want appetite to their meals, are swelled and sick after them, and upon any little irregularity, are liable to purgings, with griping pains.

These are complaints so very frequent, that it is no small happiness to have a remedy at hand for them. But beside these, there are many other disorders which have their origin from bad digestion ; and in all such this medicine will be serviceable : many of them

them by timely use of it will be totally prevented.

The stomach in gouty people is very subject to disorders, and it is a custom in that case to have recourse to spirituous liquors, or to the highest kinds of cordials ; the vulgar calling for Usquebaugh, the man of more refinement for Sir Walter Raleigh's cordial ; but both are wrong ; and I need not add, the first pernicious.

Instead of either, a single dose of the Centaury never fails to quiet the disorder, and this with no farther consequence, either good or ill attending it. The medicine seems to take effect on the complaint for which it was given, and in this case to carry its operation no farther.

Perhaps a continued use of it may be of high service against this, as well as other complaints : great things are said of it in that respect ; but I have not yet had experience to confirm the reports.

Persons

Persons who from an obstruction in the viscera labour under a load of complaints without being able to name any one particular disease, a case very common and too little pitied, or regarded; who have pale flesh, weak limbs, want of strength, and wearisome uneasiness in exercise; and indeed in every thing they go about; such will find immediate and certain benefit from this medicine. And by continuing the use of it, a lasting cure. They will perceive their strength and spirits return; they will be able to use that exercise which was so necessary for them, yet which they loathed to take; and life and colour will gradually appear again in their pale and feeble face and limbs.

But this is not all: these habits tend to danger; and though weakness only shews itself, diseases lurk behind. Jaundice and Dropsy follow; and make short work with the patient who is perhaps too weak for help, and

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too

too weary of his life to attend to the preserving it.

This medicine, by removing the obstruction which gave rise to the first of those disorders, prevents the others ; and while it seems only to sweeten life, preserves it.

Add to these virtues that Centaury is a cordial, friendly to nature, and ready to give regulated, continued, and uninterrupted spirits ; and we shall thus see the detail of its great qualities : many and wonderful in a simple herb ; but less strange to the eye of the judicious physician, than they might appear to the vulgar ; because all depend upon one principle, and though so various in their appearance, all rise from one source.

It is thus nature is constructed in us : One organ vitiated, the whole body suffers ; and from little causes rise great troubles : happy if they are seen in time, and happiest where

where nature has, as in this instance, given us a medicine, which, by removing the cause, takes off the effects at once ; and stopping the source from which so many mischiefsflow-ed, not only comforts and relieves ; but strengthens and secures the constitution.

Let us extend the view yet one step farther ; and consider what the very best medicines are in their simple state ; and what, and how much greater some of them become when exalted and improved by well judged combinations. What vast effects are produced sometimes by things, which, in their simple state, would have passed through the body unaltered, and almost ineffectual ; when opened by right additions, prepared for the operation of our bodies, and put as it were into the power of our stomachs, by previous preparations. We must needs see with wonder, the new powers which arise from simple combinations ; the mixture of two drugs often producing an unexpected third substance, un-

like to either, but greater than both. The Sweating Powder, named from Dr. Dover, is one instance : he who will attend to the operations of nature, will see many more. It is a source from which the greatest advantages may arise ; and which is worth the very stretch of human attention : A thought that ought to alarm and dash the ignorant ; but which may produce wonders by a regulated attention among such as have first laid in a proper fund of knowledge.

It is not impossible that this way the Centaury may be exalted and improved into a medicine, to which diseases may yield that are now thought incurable : for God has given us reason, to combat the disorders to which our frail frame is liable ; and what are incurable diseases, but such as we have not yet a remedy to conquer ? The catalogue of these was greater but a few years since than it is now ; it decreases, and I hope and believe will decrease daily.

Whether

Whether the great hopes I have been led to entertain of Centaury in the cure of some of those deplorable diseases, will be accomplished, or not, is in the womb of time ; but I am sure 'tis probable.

In the mean while, here is enough of certainty before us : weak habits will be strengthened, low spirits raised, the stomach rendered stronger ; and digestion, on which all depends, assisted in every state and stage of life. The physician will find a medicine for some cases, in which his best skill would before have left him but poorly provided ; and the rest of mankind may use it with equal freedom, for it is perfectly innocent. The disorders of the stomach give rise to so many others, that none can know what and how many will be removed by giving due help there ; except by trial. This for its more remote effects. But for the more immediate, they may be summed

summed up in a few words, and all the world can judge of them. In short who-ever would sit down with an appetite, and rise without sickness, let him take Centaury.



S E C T. VII.

THE good effects of Centaury, as of all other medicines, may be assisted by a careful regimen : for which intent receive these friendly admonitions.

Chew your food well before you swallow it. There is a proverb in the East, that he who does not chew his food hates his own life. They were a wise people ; and the sentence should be before our eyes for ever while we are eating.

When age has taken away the teeth, or when they are weak from any other cause, all food must be cut thin and small : Nature intended it to go, in this condition, into the stomach,

mach, and we oppress her when it is delivered thither in large morsels.

Eat less than you can ; for an over quantity even of the most innocent things is hurtful.

Avoid salted meats ; chuse such as are easiest of digestion ; and be sparing in the use of vegetables.

Take but a little supper ; but do not go without it ; and let the same rule be observed at breakfast. They err who recommend only one meal in the day, for the stomach should not be loaded at some times, and empty at others.

Keep regular hours ; go to bed before midnight, and rise early ; use exercise in a good air, and every dose of the bitters will be as good as three.

Above all things be careful of your drink. Spirituous liquors always hurt the stomach ; what we call wine I am afraid in general contains too much of them. Beer is preferable, unless

unless in such as are too much inclined to fat ;
and with those cyder will often agree better
than all other liquors.

Too much tea is injurious to most people,
after the middle term of life : but to others
about two dishes an hour after dinner often
help digestion.

T H E E N D.